



SHAPE UP!
50+

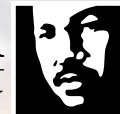
**\$10
off**

*restrictions apply
call center for details

For a Healthy Independent Lifestyle

- Your local community center is offering group exercise classes for seniors: Zumba Gold, Yoga, Line Dancing, Enhance Fitness, Tai Chi, Pilates & more.
- Classes are safe, affordable, and led by knowledgeable instructors.

Public Health
Seattle & King County
Emergency Medical Services Division



For more information visit: kingcounty.gov/health/shapeup
Or call Northshore Senior Center at 425-487-2441

***Bring this card to the Northshore Senior Center & receive \$10 off any group exercise class.**

**For more information
Call 425-487-2441**

**10201 East Riverside Dr.
Bothell, WA 98011**

Exp. 12/16/14. Card has no dollar value & can't be redeemed for cash.

SHAPE UP!
50+

**For a Healthy
Independent Lifestyle**

10201 East Riverside Dr.
Bothell, WA 98011

NONPROFIT ORG.
U.S. POSTAGE PAID
BOTHELL, WA
PERMIT 72